

## **Abstrakt**

**Title:** Regeneration in the pre-season period in sports aerobics

The aim of this study is to show modern methods and forms of regeneration in a period which is the most demanding for competitors in terms of mental and physical pages and to describe the effects and behavior of individual forms so that the competitors could choose the most suitable for him. Further classification of individual procedures in specific weekly microcycles for optimal readiness athletes access the following season and prevent overvoltage and overtraining. The goal is to show the importance of regeneration and its wide range available and the positive effects in the form of improved performance.

**Keywords:** forms of regeneration, pre-season period, sports aerobics, performance